



Pan Am Boxing Club
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Class Schedule

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday					
6:00 AM	Doors open at 6:15am											
6:30 AM												
7:00 AM	6:45 - 7: 45 Boxing	6:45 - 7: 45 Boxing	6:45 - 7: 45 Boxing Fight Bike	6:45 - 7: 45 Boxing	6:45 - 7: 45 Boxing							
7:30 AM	Doors close at 8:15am											
8:00 AM								Doors open at 8:30am				
8:30 AM								9:00 - 10:00 Technical Boxing		9:00 - 10:00 Boxing		
9:00 AM								10:00 - 11:00 Boxing Roadwork Womens Boxing		10:00 - 11:00 Boxing		
9:30 AM								11:00 - 11:30 Core Class		Gym closes at 11:30am		
10:00 AM								Doors open at 11:30am				
10:30 AM												
11:00 AM								Open Gym				
11:30 AM												
12:00 PM	12:00 - 1:00 Boxing	12:00 - 1:00 Boxing Roadwork	12:00 - 1:00 Boxing Rec Sparring	12:00 - 1:00 Boxing	12:00 - 1:00 Boxing Roadwork							
12:30 PM	Doors close at 1:30pm											
1:00 PM						Gym closes at 3pm						
1:30 PM												
2:00 PM												
2:30 PM												
3:00 PM												
3:30 PM												
4:00 PM	Doors open at 4pm											
4:30 PM												
5:00 PM	4:00 - 5:30 Open Gym	4:00 - 5:30 Open Gym	4:00 - 5:30 Open Gym	4:00 - 5:30 Open Gym	4:00 - 5:30 Open Gym							
5:30 PM	5:30 - 6:30 Boxing Roadwork	5:30 - 6:30 Boxing Fight Bike	5:30 - 6:30 Boxing Youth Boxing Roadwork	5:30 - 6:30 Boxing Roadwork	5:30 - 6:30 Boxing Youth Boxing							
6:00 PM												
6:30 PM	6:30 - 7:30 Boxing Rec Sparring	6:30 - 7:30 Boxing	6:30 - 7:30 Boxing	6:30 - 7:30 Boxing Fight Bike	6:30 - 7:30 Boxing							
7:00 PM	Gym closes at 8pm											
7:30 PM												
8:00 PM												

Notes:
 The gym is closed in all grey shaded areas, as shown.
 Time slots with two or more classes are still one hour long, unless otherwise stated.